

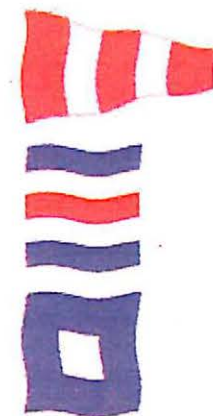
## This Month's Health Issues

Low Vision Awareness Month  
American Health Month  
National Children's Dental Health Month



Robert E. Bush  
Naval Hospital

February is  
Black  
History  
Month



## Inside...

33 percent of Marines use smokeless tobacco, the highest percentage of any branch of the military. In fact, the Marines have the highest rate of tobacco use, regardless of the type of tobacco product. *page 2*

February is National Heart month and a perfect time for women, regardless of age, to check their cardiovascular risks and develop a plan for minimizing those risks. *page 3*

Every February, we honor the accomplishments and contributions of a unique group of people who helped sculpt the legacy of our country. We review our history to analyze what's in the diverse mosaic of our nation. *page 7*

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# THE EXAMINER

An Award Winning Publication

[www.nhtp.med.navy.mil](http://www.nhtp.med.navy.mil)

## Naval Hospital Honors People of the Year and Quarter

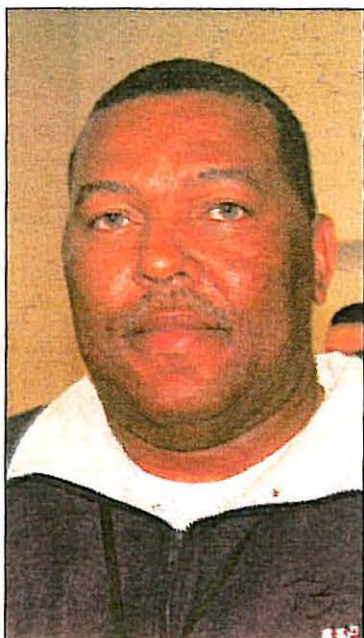
The People of the Year for the period from January 1, through December 21, 2006 and the people of the Quarter for the period of October 1, through December 31, 2006 were recently honored at a hospital ceremony.



Lieutenant Michael Mero, Head Nutrition Department, was selected as the Officer of the Year.

His citation reads in part,

"Lieutenant Mero led the Readiness Goal Team to ensure deployment readiness of 2,327 Sailors and Marines. He pioneered the Development of Room Service which provided gourmet meals to inpatients, boasting an impressive 93 percent approval rating. His sustained superior effort earned his selection as Naval Hospital Twenty-nine Palms Officer of the Year."



Mr. Robert Russell, Safety Technician, Occupational Health Department was selected as the Senior Civilian of the Year.

His citation reads in part, "As the Command's Fire Warden and Bio-hazardous/Hazardous Waste Program Manager, Mr. Russell successfully completed the MEDOSH IG, San Bernardino Health and Environmental, and MCAGCC NREA inspections with zero Command discrepancies. In addition, his leadership and expertise dramatically improved the Command's fire safety program. Mr. Russell's dedication to duty resulted in the consistent reduction in the number and severity of fire safety discrepancies noted by Hospital Zone and MCAGCC Fire Department inspections."

Petty Officer 1st Class Curtis Trull, Leading Petty Officer, Branch Health Clinic China Lake has been named Senior Sailor of the Year.

His citation reads in part, "Petty Officer Trull's leadership and follow-up to 18 Career



Development Boards resulted in one Sailor earning his Bachelors Degree and two reenlistments. He deployed in support of Operation Iraqi Freedom and lead the successful completion of 167 missions and 184 MEDEVACED patients in support of 17,000 warfighters."

*Continued on page 5*



# February is 'Lose the Chew!' Month

*Here are just some of the reasons you need to give up smokeless tobacco!*

**Martha Hunt, MA**  
Health Promotions Coordinator  
Robert E. Bush Naval Hospital

## Who uses spit tobacco?

33 percent of Marines use smokeless tobacco, the highest percentage of any branch of the military. In fact, the Marines have the highest rate of tobacco use, regardless of the type of tobacco product.

## Why is spit tobacco use increasing?

Some of the reasons include increased smoking restriction in schools and public places, including worksites. Some users think there is a positive macho image of spit tobacco use and the suggestion that spit tobacco improves overall athletic performance based on advertising campaigns. And finally, the introduction of milder and sweeter brands appeals to younger tobacco users and women.

A lot of Marines get hooked before they know the facts about dip and chew. They don't know that spit tobacco: is highly addictive, contains nicotine, doesn't help performance, and is not a safe alternative to cigarettes.

## Worried you might be addicted to tobacco?

Take this quiz. If you answer yes to any of these questions, you are addicted to tobacco.

1. Have you stopped getting sick or dizzy when you dip or chew like you did when you first started using it?

2. Do you dip more often, or in more different settings, than

when you started?

3. Have you switched to stronger brands with more nicotine?

4. Do you swallow juice from your tobacco on a regular basis?

5. Do you sometimes sleep with dip or chew in your mouth?

6. Do you dip or chew tobacco the first thing in the morning?

7. Is it hard for you to go more than a few hours without using?

8. Do you get strong cravings when you go without a dip or a chew?

## What are some of the dangers of smokeless tobacco?

One can of smokeless tobacco has the same amount of nicotine as over 5 packs of cigarettes. Skoal, Copenhagen & Kodiak have the highest rates of free-base nicotine on the market. Freebase nicotine is nicotine that has been chemically altered and goes to your brain instantly and makes the most addictive chemical on earth, nicotine, even more addictive. As a side note, they use chemicals from animal urine and feces to alter the nicotine and make it free-base. Also, one can of smokeless tobacco contains a lethal dose of tobacco if a child or animal eats it.

Over 50 percent of smokeless tobacco users develop pre-cancerous sores within three and a half years of use. There are 300,000 new cases of oral cancer in the U.S. every year, and half of all oral cancer is fatal within five years. Smokeless tobacco users are five times more likely to lose all their teeth

and have receding gums and tooth decay because of the sand and grit in the tobacco as well as the addition of sugar.

## What are some of the other health consequences of dip use?

The health risks from dip are similar to smoked tobacco, except for a higher rate of oral cancers in dippers and a lower rate of lung cancer when compared to smokers. The health risks include: increased heart rate, heart disease, stroke, high blood pressure, delayed wound healing, peptic ulcer disease, low birth-weight babies and other reproductive disorders such as infertility and impoten-

cy.

With regards to oral cancer, check your mouth often. Look closely at places where you hold the tobacco. See your doctor or dentist right away if you have: a sore that bleeds easily and doesn't heal, a lump or thickening anywhere in your mouth or neck, soreness or swelling that doesn't go away, a white lump or patch in the mouth, prolonged sore throat, difficulty chewing, difficulty swallowing, feeling that something is stuck in the throat, or difficulty moving the tongue or jaw.

## Where can you go for tobacco cessation classes?

The Naval Hospital offers tobacco cessation course on a

monthly basis. The next courses start Feb. 20, and March 13. Classes run four Tuesdays in a row at noon and 5:30 p.m.; patches and Zyban are both offered to aid in cessation. Classes are free to all and you can return as often as you need. Call Health Promotions at 830-2814 for more information or to sign up for a class. If you don't wish to sign up for a class, but want to try to give up tobacco by yourself, Health Promotions can help you as well; however, you will not be able to receive patches or Zyban unless you attend the structured class.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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## Life's Lesson...

You know when you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.



# Preventing Heart Attacks: What Women Need to Know

By Cmdr. Kathleen Hewitt,  
WHNP/CNM  
Robert E. Bush Naval Hospital

**F**ebruary is National Heart month and a perfect time for women, regardless of age, to check their cardiovascular risks and develop a plan for minimizing those risks. For a long time, it was thought that women were not as susceptible to heart disease as men. However, heart disease is the leading cause of death in women in the United States, and American women are four to six times more likely to die of heart disease than of breast cancer. The American Heart Association estimates that 1 in 9 women ages 45 to 64 have some sort of heart disease, and the ratio jumps to 1 in 3 for women over 65. So, it is essential that women, as well as men, especially those with a family history of heart disease, adopt a heart healthy lifestyle and maintain it as they get older.

The most effective way to lead a "Heart Healthy" lifestyle is to learn about your cardiac risk factors and take steps to minimize their impact on your life. The more risk factors that you have, the higher your chances are for cardiovascular disease (CVD). By identifying these risk factors and taking active steps to reduce their number or severity,

you help lower the risk of developing a cardiovascular condition.

So, what are these cardiac risk factors? Is there anything we can do about them? If so, how can we change or lower our risks? After all, our health and life span are certainly at the top of our priority list!

There are some risk factors that cannot be controlled or modified. We certainly can not change Heredity, but we certainly need to realize that if our parents had heart disease at an early age, we are much more likely to develop coronary artery disease. The types of food, exercise habits, and exposure to smoking also run in families. But this does not mean that we just sit back and do nothing. If we have heart disease "in our family", we need to do everything we can to reduce our other risk factors—we should eat right, exercise, don't smoke, control our blood pressure and diabetes, and decrease stress levels. Gender is another factor that can not be changed. Men have a higher incidence of heart disease at an earlier age. However, after menopause, the incidence of CVD in women catches up with that of men. This means that women tend to develop problems with heart disease 10 years later than men do. Race. African-Americans are at greater risk for CVD than other races, even when all factors are

equal. And African-American women are less likely than white women to go to a health care provider to be evaluated for heart disease and to be on life-saving treatments and medications. Even though the risk of heart disease increases with Age, it does not mean you can't do anything about it. A change in lifestyle with modification of risk factors has been shown in many studies to be helpful at any age. In fact, one study suggested that discontinuing smoking even after age 60 may add 5-7 years to our life.

The risk factors that can be controlled or modified are:

- \* **Smoking.** If you smoke, quit. If you don't smoke, don't start. Smoking is the major risk factor for heart disease in women. More than half of the heart attacks in women younger than 50 years are related to smoking. If you stop smoking, you can lower your risk of heart attack by one third in two years. Your chances of quitting smoking are better if you plan ways of coping with stress (for example, going for walks every day, and doing deep-breathing exercises).

- \* **High Blood Pressure.** Treating high blood pressure can lower your risk of heart attack and stroke. If your doctor has given you medicine to lower your blood pressure, be sure to take it regularly.

- \* **Exercise.** Heart disease is

almost twice as likely to develop in inactive people. Regular physical activity...even mild to moderate exercise...can reduce the risk of CVD. Most people are very busy, but not very active. Everyone should make a habit of getting 30-45 minutes of low to moderate physical activity daily. Some simple ways to put more activity into your daily schedule can be:

- Walk a few times around the mall or your neighborhood each day. Walking with a friend or joining a group may make it easier and safer for you to exercise often.

- Take your dog for a brisk walk.

- Hit a bucket of golf balls at the driving range.

- Ride a stationary bike or walk on a treadmill while watching TV.

- Walk around the house while you talk on a portable phone.

- Take an active vacation...go canoeing, mountain biking, or hiking.

- Plant a garden in your backyard

- Participate in fund-raising

walks and runs.

- \* **Weight.** Exercise and a low-fat diet can help you lose weight. Being overweight means you have a higher risk for many health problems, especially diabetes, high blood pressure, and heart disease. Your health care provider can help you get information about good diets and weight loss programs.

- \* **Low-Fat Diet.** Even if you are not overweight, keep your fat intake to less than 30 percent of your total daily calories. Avoiding saturated fat and lowering your cholesterol intake can help lower your risk of a heart attack.

- \* **Diabetes.** Women with diabetes have twice the risk of heart disease as men with diabetes. If you have diabetes, regular exercise, weight control, a low-fat diet, and regular visits to your health care provider are important. If you need to take medication for diabetes, be sure to take it regularly.

And finally, know the warning signs of a heart attack. In addition to classic symptoms such as

*Continued on page 8*

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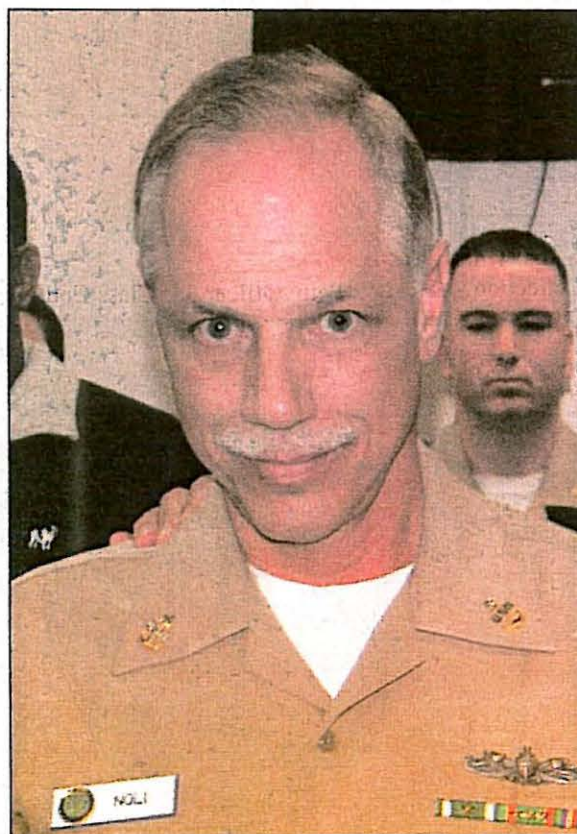




# Super Stars



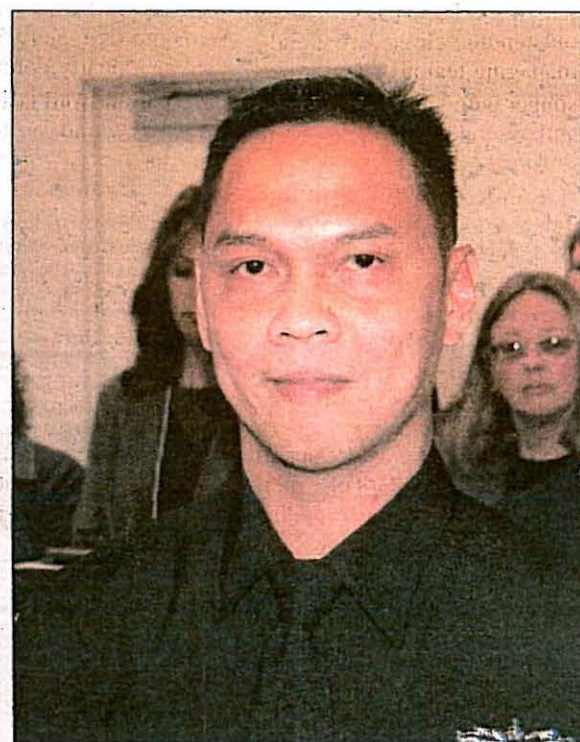
*Ensign Elizabeth Angelo, Laboratory Officer, receives a Letter of Commendation for her work on the 2006 Navy Birthday Ball Committee.*



*Senior Chief George Noli, Preventive Medicine Department, receives recognition with a 3-6-9 Certificate after running an accumulation of 600 miles.*



*Petty Officer 2nd Class Ramon C. Burce, Laboratory Department, receives a Navy and Marine Corps Achievement Medal from his previous command.*

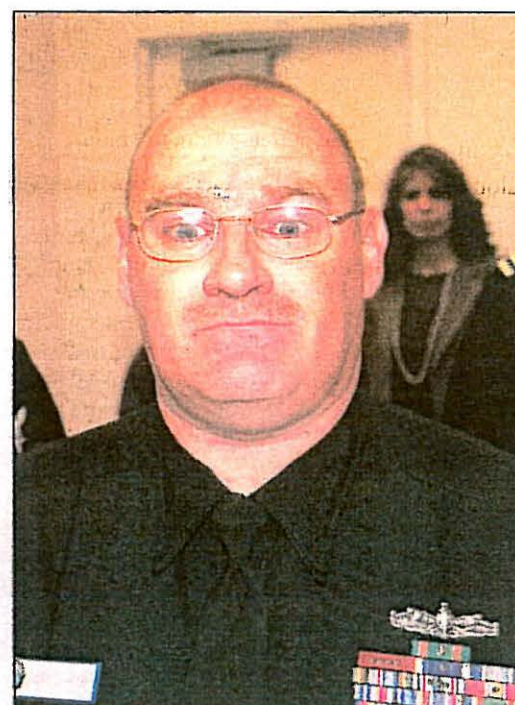


*Petty Officer 2nd Class Roly Roy, above, receives a Flag Letter of Commendation from his previous command, Commander, Submarine Group Seven.*

*Lieutenant Commander, Eric Palmer, right, Multi-Service Ward Staff Nurse, takes the oath during his recent promotion ceremony while his family looks on.*



*Lieutenant Commander Jeanmarie Jonston, Director for Administration, receives a 3-6-9 Certificate for having run an accumulation of 300 miles.*



*Petty Officer 2nd Class Randolph Williams, Nutrition Management Department, receives a Navy and Marine Corps Achievement Medal.*





# Naval Hospital Honors People of the Year and Quarter...

Continued from page 1

Petty Officer 3rd Class Jamie Wyckoff, Diet Clerk Supervisor,



was selected as the Junior Sailor of the Year.

Her citation reads in part, "Petty Officer Wyckoff's leadership was instrumental in implementing a state-of-the-art room service menu inclusive of a training program ensuring all menu items were meticulously prepared. Her department, command, and community involvement set her apart from her peers."

Mrs. Maria Santos-King, Financial Technician, Fiscal



Management Department, was named Junior Civilian of the Year.

Her citation reads in part, "As Civilian Payroll Coordinator, Mrs. Santos-King provided outstanding customer service and on-site assistance to employees and Department Heads for all time and attendance inquiries

regarding pay and leave. She set the standard for all commands to emulate by conducting random, internal timekeeping audits on the command timekeepers' documentation and provided feedback to the command's leadership. Additionally, in preparation for fiscal year 2007, her initiative positively impacted the command's mission on different levels, preparing to close our fiscal year 2006. Mrs. Santos-King energetically volunteered to learn additional job responsibilities to cover a personnel shortage due to a temporary civilian hiring moratorium. She analyzed multiple facets, allowing the comptroller to make multiple budget decisions directly related to successful equipment purchases. She was also the key player for maintaining and ensuring accuracy of the monthly civilian full-time equivalent spreadsheet utilized to make sound financial decision for filling civilian positions."

Lieutenant Tamara Hahn,



Section Officer for Staff Education and Training, was named as the Officer of the Quarter.

Her citation reads in part, "...Your leadership enabled the command to receive the highest compliance rating in Navy Medicine West for Health Insurance Portability and Accountability Act (HIPAA) training as was directed throughout Navy Medicine. Your diligence in finding instructors to locally teach the required Work Center Supervision Leadership Course and Leading Petty Officer Leadership Course saved the command in excess of \$15,000 in travel and lodging

expenses."

Ms. Leslie Braun, Staff Nurse,



Multi-Service Ward, Naval Hospital Twentynine Palms, was named as Senior Civilian of the Quarter.

Her citation reads in part, "Your compassion and competence were noted by staff and patients alike while providing outstanding clinical care and managing teams of junior personnel with superb leadership and guidance. The corpsmen under your mentorship have learned the best in patient care. Your efforts as Safety Representative directly lead to the Multi-Service Ward (MSW) department receiving no discrepancies on their most recent safety inspection. Your work on medical records reviews has lead to improvements in documentation on the MSW department. Your 14 years of expertise and knowledge here at the command have become "the glue that holds the MSW department together."

Petty Officer 2nd Class Jill Bankus, Leading Petty Officer, Emergency Medicine Department, was selected as the Senior Sailor of the Quarter.

Her citation reads in part, "You consistently performed your duties with the highest degree of pride and professionalism. As Leading Petty Officer, Emergency Medicine Department, you consistently displayed outstanding leadership while managing four Emergency Medical Service teams consisting of 20 Sailors and three Marines. Your expertly instruct-



ed 10 students in the Emergency Medical Technician B course resulting in a 100 percent pass rate. Additionally, you instructed 12 students with 40 hours of classroom and road time in the Emergency Vehicle Operator Course. As the Command Coordinator for the base Combat Center Challenge, you boosted command morale and built esprit de corps by organizing 10 teams for 7 events with approximately 52 total personnel, nearly doubling the participation from last year. As a Navy ambassador for goodwill, you participated in 4 full military honors funerals, volunteered off-duty time at the Hi-Desert Continuing Care Center in Joshua Tree, and contributed 15 hours to Toys for Tots, including a project that raised over three hundred dollars for the charity."

Ms. Genoveva Matos, Third Party Outpatient Collection

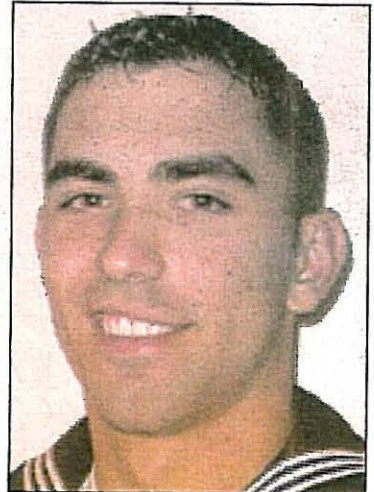


System Clerk.

Her citation reads in part, "As the command's Third Party Outpatient Collection System

(TPOCS) expert, you tracked, collected and reported required data for the outpatient billing process. You utilized TPOCS to initiate bills for outpatient and ancillary services patients who have other health insurance and were responsible for the appropriate handling of hundreds of paper checks incoming to the command. You always ensured that appropriate chain of custody was kept until all checks were turned over for final deposit. During the past three months, your efforts directly resulted in the command's success in collecting over \$25,000 in collections from third party insurance companies, which will allow the command to fund and purchase additional supplies, equipment, and contracts this fiscal year. When experiencing TPOCS computer issues which did not allow electronic submission of billable claims, you successfully initiated a 'work-around' process that enabled the completion of over 1800 claims that were sent to insurance companies manually. In the temporary absences of the Command Collection Agent, you were responsible for collection, accountability, and depositing command collections. You accounted for and managed all incoming and outgoing cash from patient care services and food service operations and ensured that all cash and checks were appropriately secured per requirements."

Petty Officer 3rd Class Cody Thornton, Laboratory



Department, was selected as the Junior Sailor of the Quarter.

Continued on page 8



# Tips For Saving Money on Health Care Expenses

By Richard Gray  
TriWest Healthcare Alliance

**M**ilitary families can reduce health care costs by taking advantage of money-saving features offered by TRICARE and TriWest Healthcare Alliance.

There are four key ways to save (1) using generic drugs, (2) having medications delivered by mail, (3) keeping doctor appointments and (4) signing up for automatic payments.

With generic drugs, families can save as much as 40 to 60 percent on prescriptions without skimping on the quality of medications.

The U. S. Food and Drug Administration (FDA) requires that generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-

name counterparts and reports that about 42 percent of brand name drugs currently have generic equivalents.

Fill generic drug prescriptions using the TRICARE Mail Order Pharmacy and save even more -- as much as 66 percent off medicines sold at retail pharmacies.

For each prescription filled at a retail pharmacy, the co-pay for a month's supply is \$3 for generic, \$9 for brand name drugs, and \$22 for non-formulary medications. Mail-order customers pay the same amount but receive a 90-day supply -- three times the amount they get when paying month-by-month at retail pharmacies.

Prescriptions are shipped in plain, weather-resistant pouches and received within 10 to 14 days after an order is placed, with no shipping and handling costs. Expedited shipping is available for an additional charge.

To enroll in this program,

begin by telling your provider you want to use TRICARE's mail-order service and ask that he or she write two prescriptions -- one for the first month to fill immediately at a retail pharmacy and the other for a 90-day supply for the mail-order pharmacy.

A registration form is available by calling 1-866-363-8667, or visiting the Express Scripts Web site, [www.expressscripts.com/TRICARE](http://www.expressscripts.com/TRICARE). Mail the form with the prescription to the address provided on the form. Providers may fax the prescription, but faxes from other locations cannot be accepted.

One way to waste money is to miss a doctor's appointment or cancel a visit at the last minute, which causes problems for providers. Many TRICARE providers charge patients fees for missed appointments.

TRICARE regulations don't prevent providers from estab-



lishing their own policies regarding missed appointment fees. However, the provider must notify patients of this policy in advance and have the patient sign a formal agreement.

Most providers require that patients call to cancel or reschedule an appointment within a specific time, usually within 24 or 48 hours prior to the original appointment.

Military retirees can save time and the hassle of stamps and post office visits by using TriWest Healthcare Alliance's automatic payment system to pay TRICARE Prime enrollment fees.

There are three automatic payment options available on

[www.triwest.com](http://www.triwest.com): monthly allotments deducted from retirement checks; recurring credit card payments automatically charged to your Visa or MasterCard; and electronic funds transfers, deductions from a specified checking or savings account.

To register for automatic enrollment fee payments, visit [www.triwest.com](http://www.triwest.com) and select 'online payments,' then download and complete the applicable form (registered users may complete the EFT form online). Mail the completed form and the first three-month payment (check, money order, or credit card information are acceptable) to the address on the form.

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Have you ever wanted to own your own home? There are new homes that are being constructed in Yucca Valley that can be bought with NO money down and low payments. These homes include 4 bedrooms, 2 baths, 2,000 sq ft, tile roofs, Granite counters, tile floors and other upgraded amenities. There are a limited amount of homes being built, to find out how to qualify, call

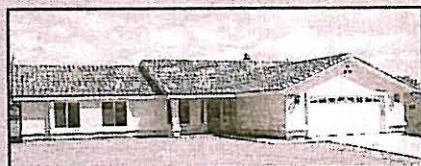
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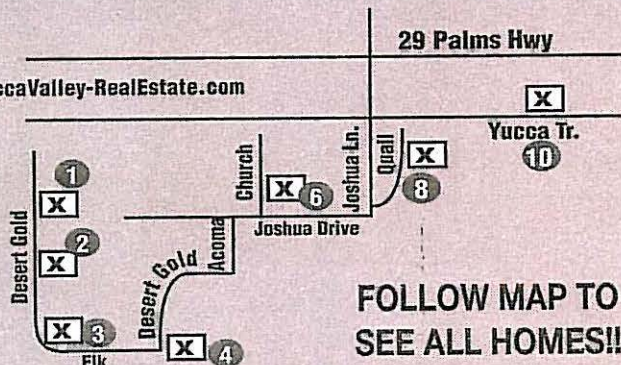
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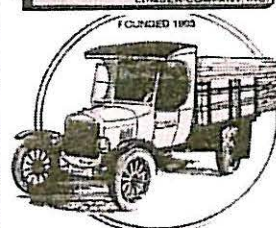
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# Black History Month Celebrated at Hospital

By HMI(FMF) Michael Santos, USN  
VMU-1 Medical  
Camp Taqaddum, Iraq

Every February, we honor the accomplishments and contributions of a unique group of people who helped sculpt the legacy of our country. We review our history to analyze what's in the diverse mosaic of our nation. We pay tribute to those who challenged our country's past discrimination issues; those who took the fight all the way to the judicial system and made great historical change for a better future for all Americans.

Despite all the atrocities done to them, African Americans rose above the lowly positions afforded them. They battled all the odds and obstacles and contributed to the amazing world of arts, literature, engineering, science, music, faith, cuisine, politics, economics and most of all, in the military as proven in the garnering of 78 Medals of Honor.

They fought for justice and equality without regards to their own personal safety by defying the boundaries of color to succeed. Thanks to the activists who are instrumental in influencing collective resistance to both inequality and repression. It is through their dedicated hard work and sacrifices that racial healing, respect and understanding were realized.

## How was February chosen?

In 1926, Dr. Carter G. Woodson (1875-1950), a black historian, social analyst, scholar and son of former slaves inaugurated Negro History Week so that all Americans can recognize the contributions of Black Americans as a legitimate and integral part of the history of this country. He chose February because this is the birth month of two great people who influenced the Black American legacy: Frederick Douglass (1817-1895), a fugitive slave considered by many to be the founder of American Civil Rights Movement who championed the abolitionist movement; and Abraham Lincoln (1809-1865), 16th US President who regarded slavery as evil, freeing the

Confederate Slaves during his 1863 Emancipation Proclamation.

There were also other significant events that happened on February such as:

February 23, 1868: birth date of William Edward Burghardt DuBois (1868-1963), a radical black nationalist who co-founded the National Association for the Advancement of Colored People (NAACP).

February 3, 1870: The ratification date of the 15th Amendment to the Constitution which granted African American men and women the right to vote.

February 25, 1870: The first African American Member of Congress, Hiram Rhodes Revel (1822-1901), courageously faced the constant dangers of racial conflict in the South during the reconstruction period in a manner that won the respect of his constituents.

February 12, 1909: The NAACP was organized by W.E.B. Dubois and other concerned black and white citizens in New York at a time when racial inequality is rampant in American society. NAACP is devoted to civil rights and racial justice and has been instrumental in improving the legal, educational and economic lives of African Americans.

February 4, 1913: Birth of Rosa Parks (1913-2005), a brave African American seamstress whose refusal to relinquish her seat on a public bus to a white man triggers the 1955-1956 Montgomery bus boycott in Alabama, which is recognized as the spark that ignited the U.S. civil rights movement. This movement was led by a Baptist minister and a civil rights activist, Martin Luther King Jr. (1929-1968).

February 1, 1960: Four black teenagers aka Greensboro Four: Franklin McCain, Joseph McNeil, Ezell Blair Jr and David Richmond, all freshmen on academic scholarship at A&T State University in Greensboro, N.C began a sit-in at a segregated Woolworth's lunch counter in what would become a civil-

rights movement milestone that paved the way for a radical social reform.

February 21, 1965: Assassination of Malcolm X (1925-1965) AKA Malcolm Little, el-Hajj Malik el-Shabazz ñ A black militant leader who preached concepts of race pride and black nationalism in the early 1960s. Rival Black Muslims made threats against his life. He was later shot to death at a rally in a Harlem ballroom.

February 4, 2005 -- death of Ossie Davis (1917-2005), prominent African American

actor, writer, director, producer and activist. He was known for his contributions to African American theatre and film and for his passionate support of civil rights and humanitarian causes. He was a close friend of Malcolm X who delivered his eulogy 40 years earlier. He later delivered the eulogy for Martin Luther King, Jr.

Nothing is bigger than the sacrifices offered by our African American brethren by going into the harm's way and laying down their lives in defense of our much cherished freedom. They were our comrades in the

54th Massachusetts Infantry, Buffalo Soldiers, Tuskegee Airmen and all those currently serving in our global war on terror. They were armed with tenacity, courage, determination and dignity as they showed the world not only what it meant to be an African American, but also what it means to be an American.

Because our nation recognizes the contributions of all great Americans in this country, America is bestowed and destined to be great.

## What You Should Know About the Flu

By Michelle Harris  
TRICARE Management Activity

Every year more than 20 percent of Americans get sick with the flu, also known as influenza. The flu is a contagious respiratory virus that can cause mild to severe illness and, at times, may lead to death.

The flu usually enters the body through mucous membranes in the mouth, nose or eyes. When a person with the flu coughs or sneezes, the virus becomes airborne and anyone nearby may inhale it. TRICARE recommends you get an annual flu vaccination to prevent or lessen the severity of the flu.

TRICARE offers the following two types of vaccines:

\* The flu shot ñ an inactivated vaccine containing a killed virus and given with a needle. This form

of the vaccine may be used in all age groups.

\* The nasal-spray flu vaccine (Flu Mist) ñ a vaccine made with live, weakened flu viruses that do not cause the flu. This form of the vaccination is limited only to healthy people who are not pregnant aged five to 49 years.

### Who Should Get Vaccinated?

Certain people should get vaccinated each year because they are at high risk of serious flu-related complications or because they live with or care for high-risk persons.

According to the Center for Disease Control, the following people should be vaccinated each year:

- \* All children aged six to 59 months
- \* Adults aged 50 years and older
- \* Persons aged two to 64 years with underlying chronic medical conditions
- \* All women who are be pregnant during the

*Continued on page 8*



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# Naval Hospital Honors People of the Year and Quarter...

*Continued from page 5*

His citation reads in part, "Your demonstrated leadership and commitment have brought about organizational efficiencies the Laboratory department through the revision and updating of seven Microbiology Standard Operating Procedures, a task normally performed by a more senior technician or junior Laboratory Officer. As the 2006 Navy Ball Fundraiser Coordinator, you helped raise \$13,000, and used keen auditing skills and proactive management

to ensure that funds raised were spent appropriately. An advocate of an active and healthy lifestyle, your efforts led to zero departmental PRT failures in the Fall PFA cycle. Your enthusiastic co-ordination of the command's participation in the 2006 Combat Center Challenge saw the command field teams in all events and win first place in the Hospital Corpsman event. The completion of eight military correspondence courses and twelve credit hours of off-duty education towards your Bachelor's Degree demonstrates your

strong commitment to personal growth. As an active participant in your community, you officiated at two youth football games, helped sort books in the public library, and volunteered at a local animal shelter."

Hospitalman Edwin Gaitan, Adult Medical Care Clinic, was named Blue Jacket of the Quarter.

His citation reads in part, "As a member of the Adult Medical Care Clinic staff, you demonstrated a positive attitude and



exhibited exemplary performance. Your knowledge and professionalism ensured seamless operations at the Front Desk

section. You scheduled and processed over 2,500 medical appointments, ensuring quality health care for Marines from Marine Corps Communication Electronic School and Headquarters Battalion. You played a key role in the success of your section, ensuring a high state of morale and welfare as the clinic's representative for the Morale Welfare and Recreation, Single Marine Program, and Toys for Tots charity. In your off-duty time you also completed 5 additional college courses and participated in the command's soccer team." Congratulations.

**15TH ANNUAL**

## HEALTHY HEARTS RUN

5K RUN & 2 MILE HEALTH WALK

**SATURDAY, FEB. 10, 2007**  
**8:00 AM START**

**RACE DAY** Saturday, February 10, 2007 - rain or shine  
Registration from 7:00 to 7:45 PM. Start at 8:00 PM.

**LOCATION** Start and finish at Machris Park.  
59100 Santa Barbara Drive, Yucca Valley, CA.

**INFORMATION** Visit the Town of Yucca Valley Community Services Department located at 57090 Twentynine Palms Hwy. in Yucca Valley.

**PHONE** (760) 369-7211

**WEB SITE** [www.yucca-valley.org](http://www.yucca-valley.org)

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# Run for your heart!

## What Women Need to Know...

*Continued from page 3*

chest pain or tightness, pressure or a squeezing sensation, discomfort or pain radiating to the shoulder, neck or jaw, accompanied by lightheadedness, sweating or shortness of breath, women need to be aware of something else. Women are more likely to have so-called 'silent' or unrecognized heart attacks. Than is because women often have different signs of a heart attack than men. Women are more likely to have nausea, which may or may not be accompanied by vomiting. They may describe pain as occurring under the breastbone or in their stomachs. Women may report unusual fatigue, worsening with activity, and weakness in their arms, shoulders and chests. They also may experience a burning in the chest that they dismiss as indigestion. If you suspect a heart attack in yourself or another person, seek emergency medical help right away.

You can decrease your cardiovascular risk factors by learning more about YOUR risks, by talking to your health care provider, and working at eliminating or decreasing those risks. Be a Heart Smart Woman!

## What You Should Know...

*Continued from page 7*

influenza season

- \* Aged six months to 18 years on chronic aspirin therapy
- \* Health care workers involved in direct patient care
- \* Out-of-home caregivers and household contacts of children less than 59 month of age and persons at high risk for severe complications from influenza

Side Effects of the Flu Vaccine

As with other vaccines, you should be aware of possible side effects. The most common side effect in children and adults is soreness at the vaccination site. Other flu shot side effects include fever, tiredness and sore muscles.

These side effects may begin six to 12 hours after vaccination and may last for up to two days.

You should know that the flu vaccine may contain some egg protein, which can cause an allergic reaction. If you or a family member is allergic to eggs or have ever had a serious allergic reaction to the flu vaccine, consult with your health care provider before getting vaccinated.